Spinal Cord Injuries Awareness Day
20 May 2016

- Use a non-slip mat in the shower.
- Don’t use your phone when driving – not even to check directions.
- How deep is the water? Check before you dive.
- Look out for others in the pool before you dive.
- Not at home? Check your route to the loo before you go to bed.
- Don’t drink and drive. Ever.
- Drivers: be bike aware. Don’t rush to overtake.
- Cyclists: make eye contact with drivers.